





# HEALTH AND WELLNESS, MINOR

 - General Education Course

 - Milestone course: a key success marker for your major. See your advisor to discuss the importance of this course in your plan of study.

## Course Requirements

Code	Title	Credit Hours
HS 200 	Comp Medical Terminology (CT)	3
ESS 220	Fitness and Wellness	3
DTS 210	Nutrition	3
PH 270 	Global Health (CT)	3
PEL aerobic course		1
PEL strength training course		1
Total Credit Hours		14